

GOLD MEDAL SCHOOLS TRAINING  
Thursday January 15, 2009  
West Valley Family Center

# LARGE GROUP ACTIVITIES

Letter Collector  
(Letter attachment)

Show Me the Money  
(Money attachment)

Frogs in a Bucket

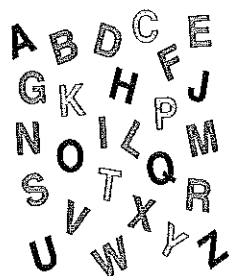
Survivor Challenge

Noodle Games

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## Activity: The Letter Collector

- 3" square cut-outs of each letter (see attached copies). Make 4-5 sheets of each consonant and 6 sheets of each vowel.
- Students in groups 4-5 in each group.
- Scatter all letters in middle of playing area.
- The object of *The Letter Collector* is to collect a letter from the scattered letters in the gym, each group sending one at a time. At the end of the collection period, groups spend about 2 minutes spelling as many words as they can with the letters they collected.
- On signal, one person from each group **WALKS FAST** (or another locomotor movement) to the middle of the playing area, collects **ONE** letter and brings it back to their team. Place all letters at the front of the team in a pile.
- Groups continue to send one team member at a time to collect one letter at a time until **TIME** is called. Play can usually last about 3 minutes per session.
- Once **TIME** is called, give teams at least 2 minutes to spell as many words as they can with the letters they collected.
- **RULES:**
  - Take only 1 letter at a time.
  - A movement must be done to collect a letter, no running.
  - No spelling can take place until the teacher directs them to.
- Once you have given the two minutes to spell call **TIME** and go around to each team to see how many words they were able to spell. Make sure words are spelled correctly, and are appropriate for school. Give each team 1 point per letter if word is correct. You can do more than one round, adding items like scrabble spelling, using their spelling lists, etc.



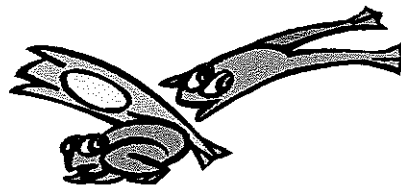
## Activity: Show Me the Money

- Laminated play money with fitness activities attached to the back.
- Spread money across the gym floor.
- Students can work individually or in pairs to try to accumulate fitness money.
- Each time a student picks up a piece of play money he or she must perform the fitness task on the back of the bill to keep the money. Stress that they may not keep the money until the task is COMPLETE!
- Once task is complete the student can keep the play money and pick up another piece of play money to complete the next task.
- After a set amount of time, students can add up the money they collected.
- **RULES:**
  - Take only 1 piece of money at a time.
  - Must always watch out for others, be safe.
- Play several short games (2 - 4) minutes each round.



## Activity: Frogs in a Bucket/Witches Brew

- 30 or more spot markers (lily pads) randomly placed around a bucket. Can use paper plates if no spot markers, also you can use a hula hoop for a bucket. For Witches Brew, the bucket can be known as the witches black cauldron/pot.
- Place students in groups behind a cone/spot marker (4 in each group works well) on one side of gym, or both sides if a large group.
- Each group gets a beanbag (1) "frog" or (1) "ingredient" to toss in the bucket.
- The object of *Frogs in a Bucket* is to use underhand throwing skills to make the beanbag in the bucket. Once it is made the team member gets to keep the spot marker for their team. Counting up all markers when the floor is empty. Make sure the team member picks up the spot marker BEFORE they retrieve their beanbag out of the bucket.
- On signal, the *first person in line* starts the game. He/She can stand on any lily pad to toss into the bucket. If they make it, they keep the lily pad, if they miss the must retrieve their frog and return it to the next teammate in their group line.
- Teams keep going until all the lily pads are gone.
- Have a team member count and stack lily pads, then collect scores.
- Scoring: Each lily pad can be worth 1 point - or as much as you'd like. Return all lily pads to the floor to start again.



## Activity: Survivor Challenge

- 10' - 12' length of rope per group of 5 - 6
- 4 cones (for boundaries)
- 1 utility ball per group of 5 - 6
- 1 Survivor Challenge Task Card per group of 5 - 6
- Create large (40X40 paces) activity area.
- Form groups of 5 - 6, scattered in area, each group with a Survivor Task Card, 1 rope and 1 ball.
- The object of the *Survivor Challenge* is to complete the challenges on the survivor Challenge Task Card with your group, using proper form.
- When completed, do the *Closing Challenge* together until signaled to stop.



# SURVIVOR CHALLENGE

## TASK CARD

The challenge is to complete all of the activities below without letting go of your group's "survival rope." Use encouraging words, quality movements, and all of your group's strengths to accomplish this challenge. It is NOT a race. If you finish before the other groups, complete the CLOSING CHALLENGE below. GOOD LUCK and have fun!

**DRIBBLE ROUND:** Dribble a ball around the perimeter clockwise. Each group member must touch the ball at least 5x.

**END to END:** All group members begin at 1 end of the area. (Yes, of course, you are all still holding the rope!) Your challenge is to move your group to the other end using the following rules:

- 1 person at a time in your group is the "Statue" and may not move for 5 seconds.
- Another person in your group is the "Counter." The Counter's job is to counter to 5 repeatedly. You may ask, "Why do we need to do that?" Well, because every 5 seconds a different person in the group becomes the "Statue."
- By the time you get to the end, all in your group must have been the "Statue" at least once.

**HIGH-FIVES:** Give/receive at least 23 high-fives from others. Did you know 23 is a prime number? Can you name 5 other prime numbers between 6 and 60?

**ROPE WRITING:** Write the word "activity" using your rope.

**PUSH-UPS:** Complete 75 push-ups (your choice of style) with your group. Each member of your group must think of a different way to make .75 cents with coins.

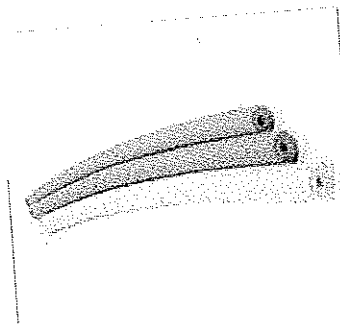
**GRAVITY BALL:** All group members, hold the ball (using only 1 hand each and no hand may be on the bottom of the ball) and move with it around the perimeter; clockwise 1x. If the ball touches the ground, pick it up and continue. While you are moving, talk about your strategies to eating a healthy lunch at school.

**CURL-UPS:** Complete a total of 100 curl-ups (choose your favorite type) with your group. Each member must think of a different way to multiply 2 numbers to produce 100.

**CLOSING CHALLENGE:** Play "Pass the Hat" with the ball around the perimeter; counterclockwise 1x.

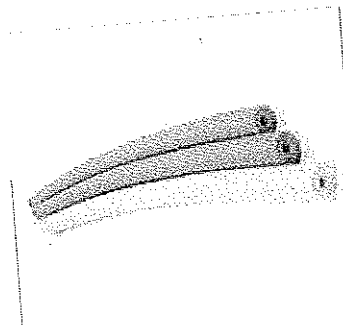
## Noodle Games - Hide and Seek Tag

- Each student will find a partner or play Back-to-Back.
- One partner will collect a 2' noodle and stand on one side of the gym.
- The partner without the noodle will stand on the other side of the gym.
- The object of the game is for the partner with the noodle to tag their own partner using the noodle. All tagging with noodles takes place below the waist.
- When the partner is tagged, they will be given the noodle and must turn around four times before they can attempt to tag their partner with a noodle piece. The other partner then goes and "hides" amongst other players in the gym.
- The game will continue with the partners switching places until time is over.
- TIPS: Remind students that the goal is to tag only their partners with the noodle (no other players) and they need to watch out for others as they play. You can also have partners change to a new partner after a few minutes of play.



## Noodle Games - Noodle Tag/Ankle Biter

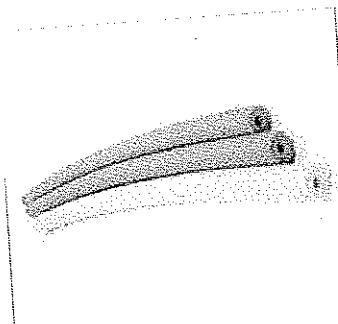
- Each student will have their own noodle and scatter in playing area.
- When the game begins, the students will try to tag another student below their waist with the noodle.
- If a student is "tagged" they must leave the playing area and complete a fitness task. (e.g. 5 push ups, 5 sit ups, 5 jumping jacks, etc.) When the fitness task is complete they can re-enter the playing area.
- If two students tag each other at the same time, they must both leave the area to perform a fitness task.
- TIPS: For really large groups or limited space, have students pair up and stand together in a line on the edge of the boundaries. The player in front will start the game and use the rules above. If tagged, they will leave the area and bring the noodle to their partner to go in and have a turn. To increase activity, have students that are waiting perform fitness activities. You can also make TEAMS with same color noodle pieces and cannot tag one another.





## Noodle Games - Hornet Tag

- For the tag game, the teacher will choose 4 - 6 students to be the "hornet."
- Each "hornet" will have a stinger (2' noodle piece). The "hornets" will attempt to tag others using their stingers.
- Once a "hornet" tags someone, they lose their stinger (just like a real hornet).
- The person tagged must leave the playing area and perform a fitness activity. They can re-enter the game when the activity is complete.
- Once the "hornet" has tagged someone and drops the stinger, any players that are not tagged can pick up the stinger and become the new "hornet."
- TIPS: Hornets cannot tag other hornets during the game. Remind students that they need to drop their stingers when they tag someone.



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G H F J  
N O I L M  
S V Q R  
U W X Z

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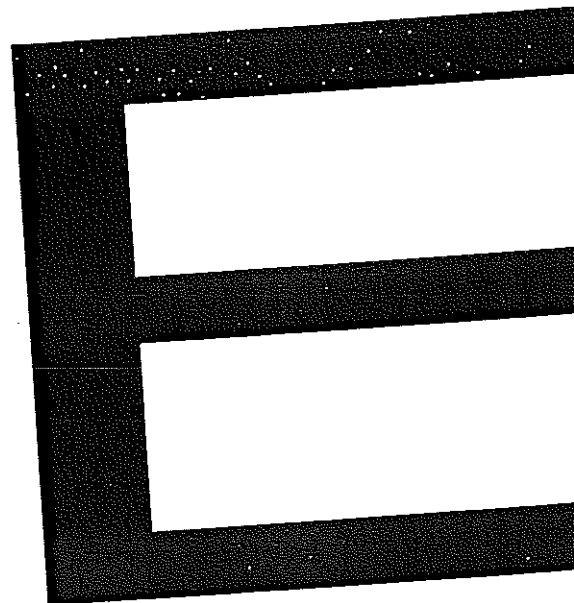
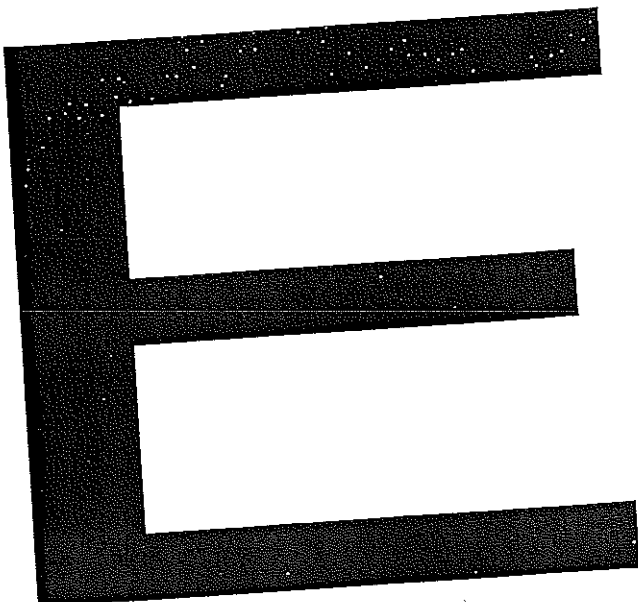
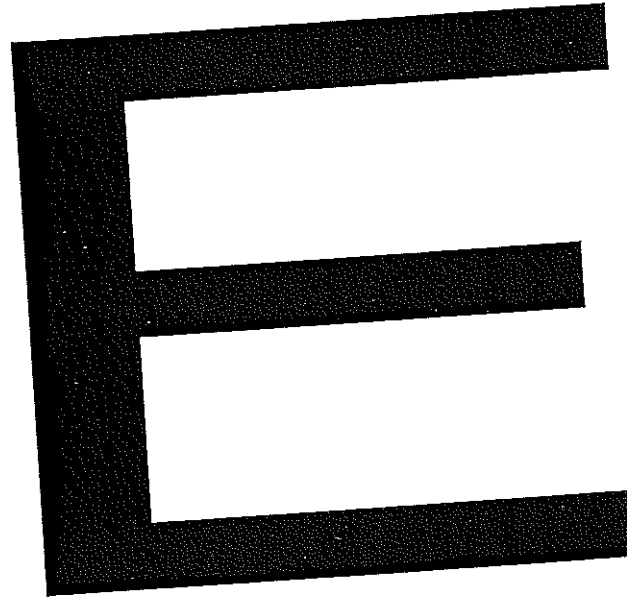
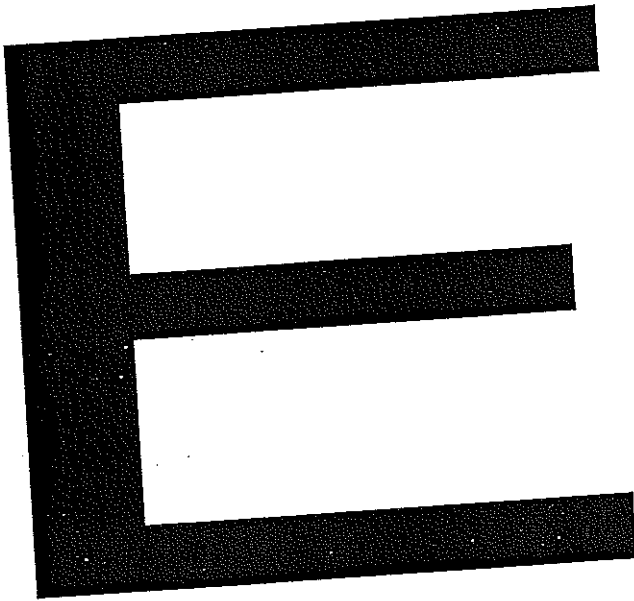
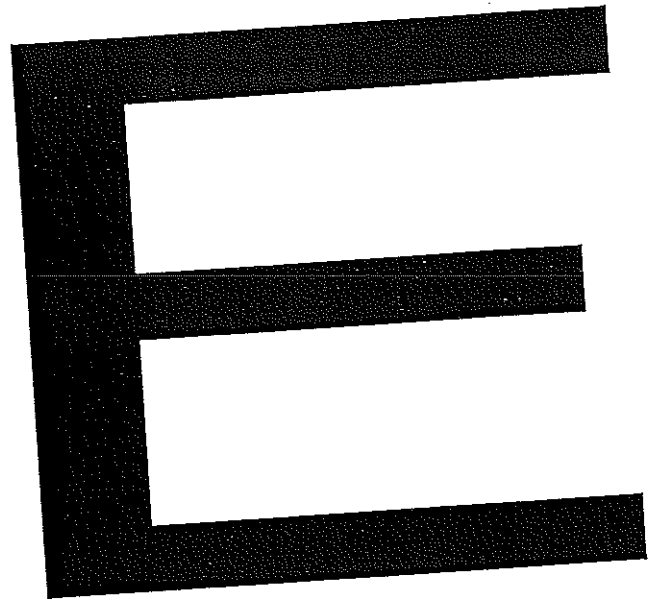
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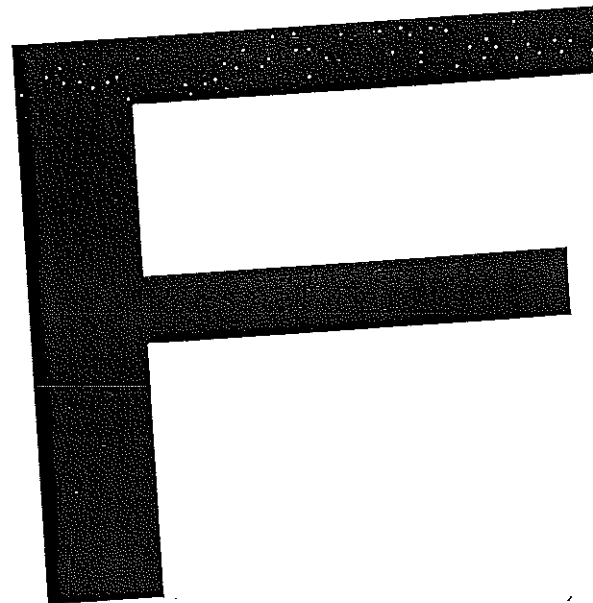
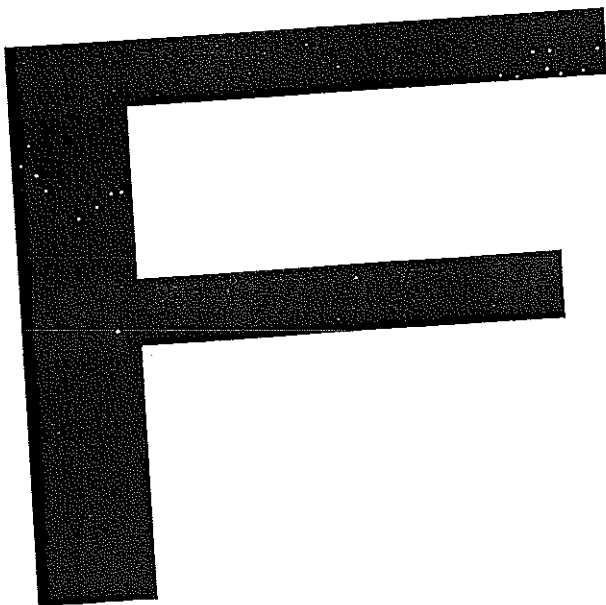
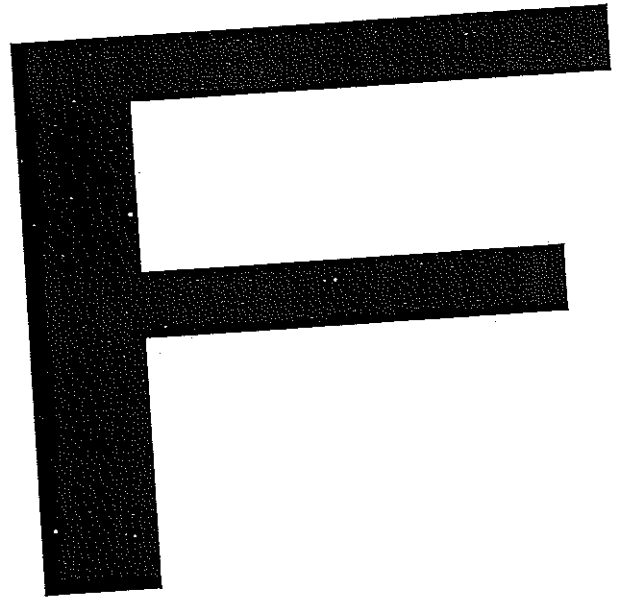
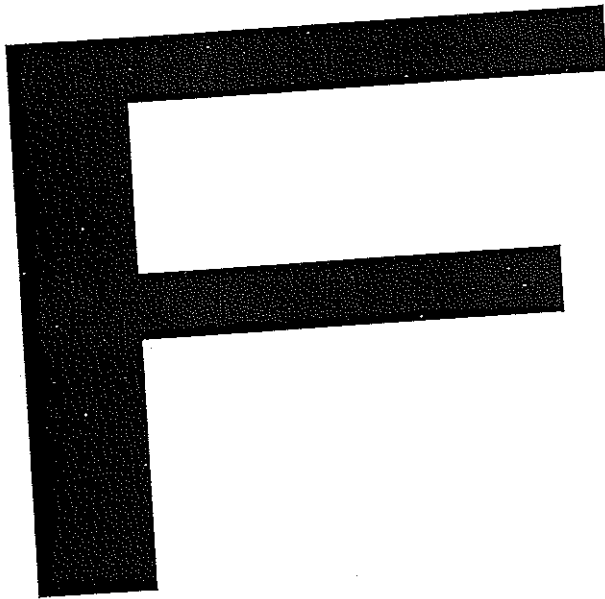
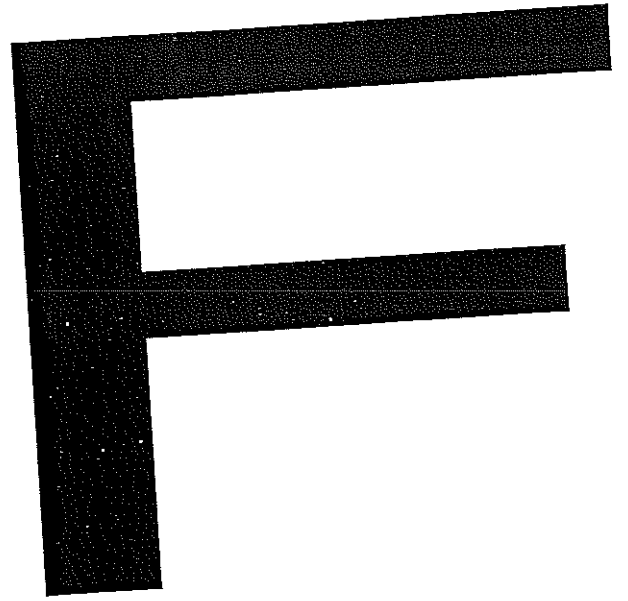
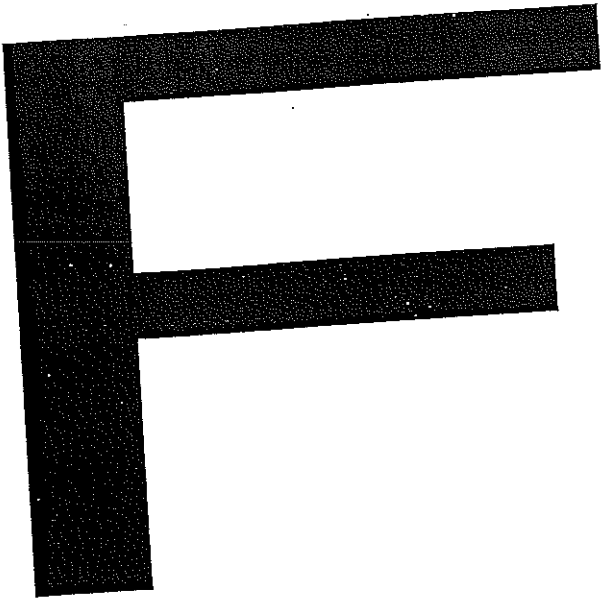
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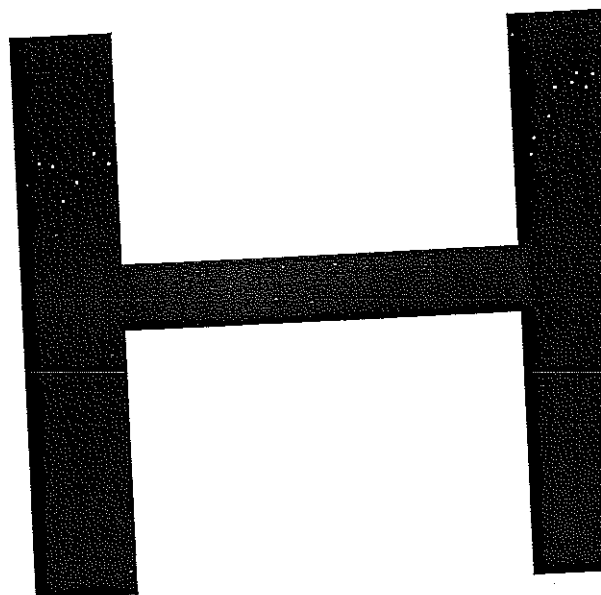
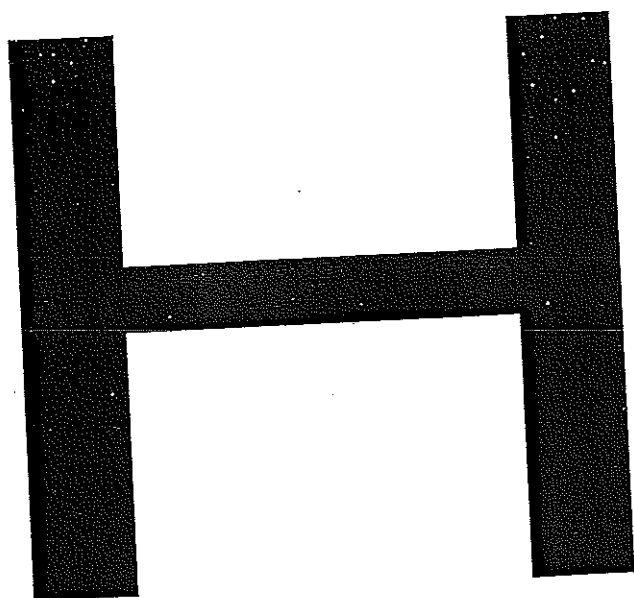
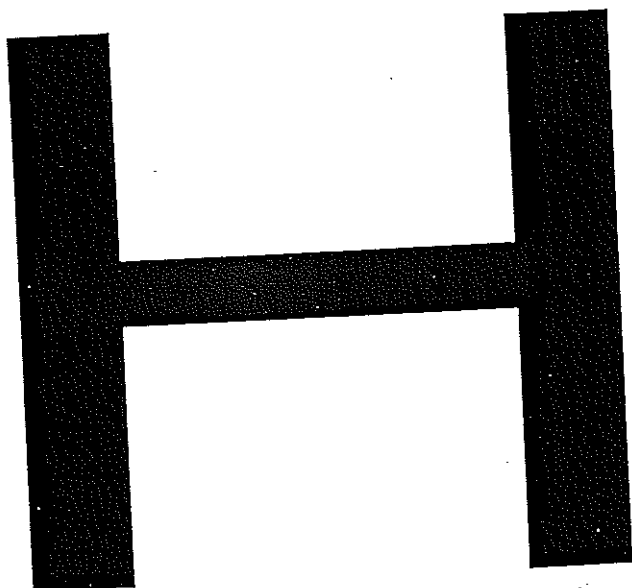
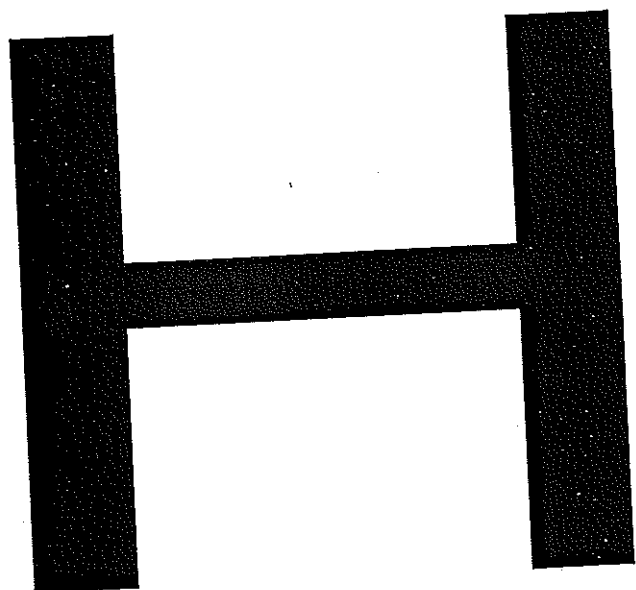
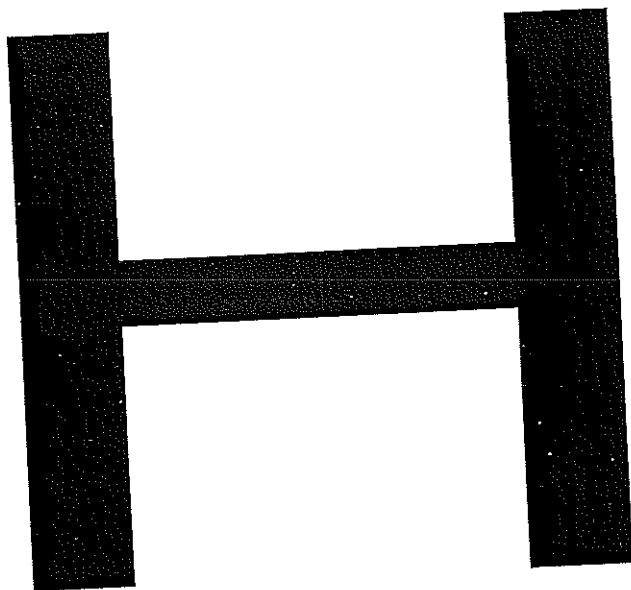
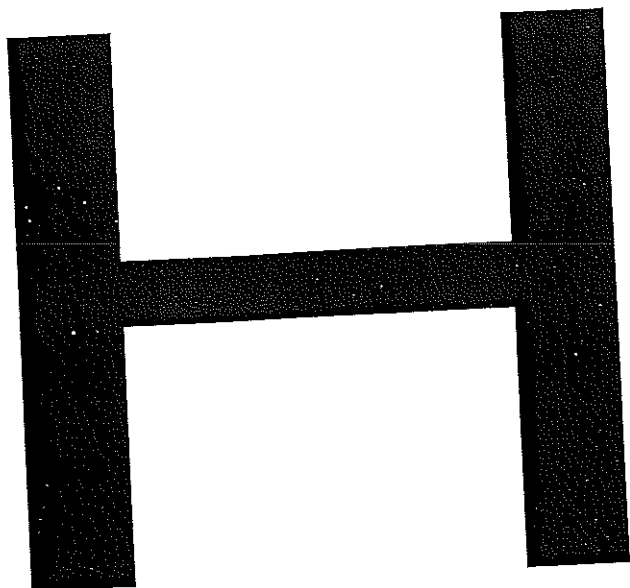
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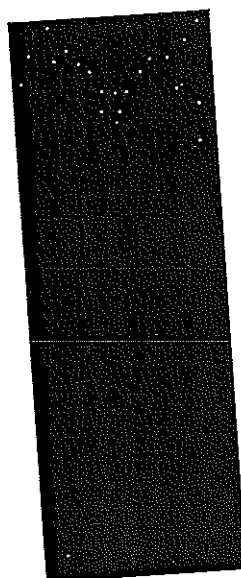
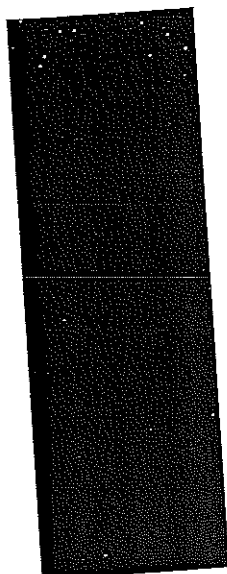
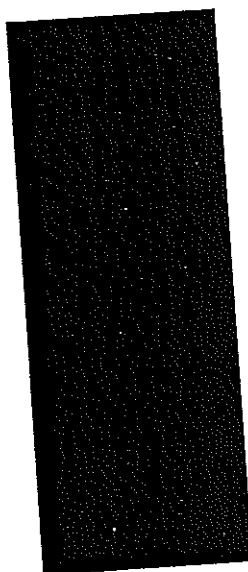
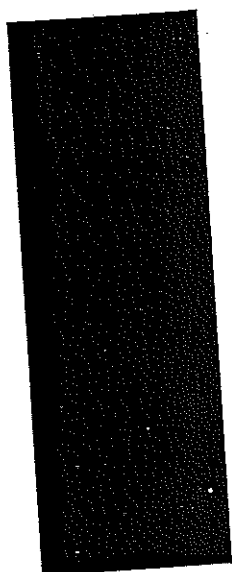
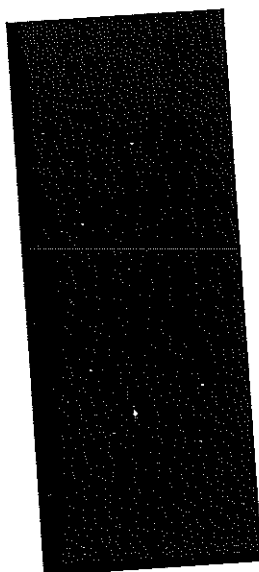
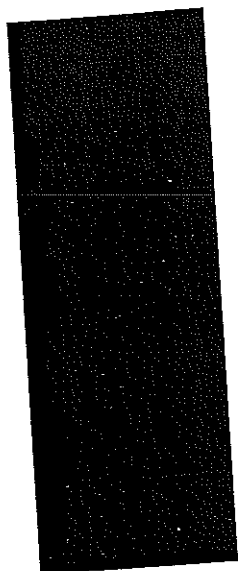
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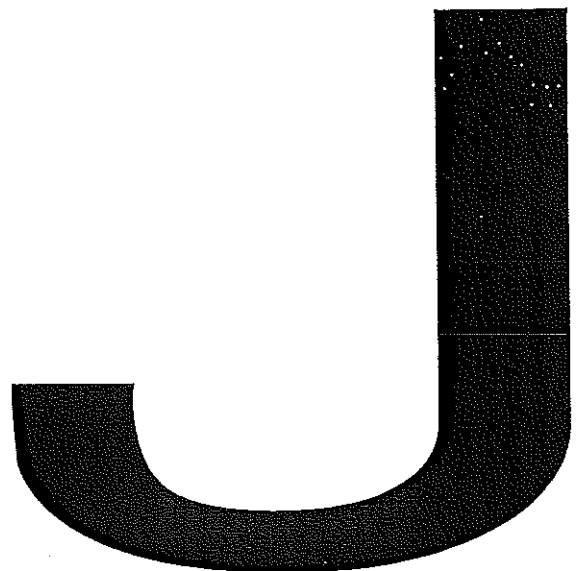
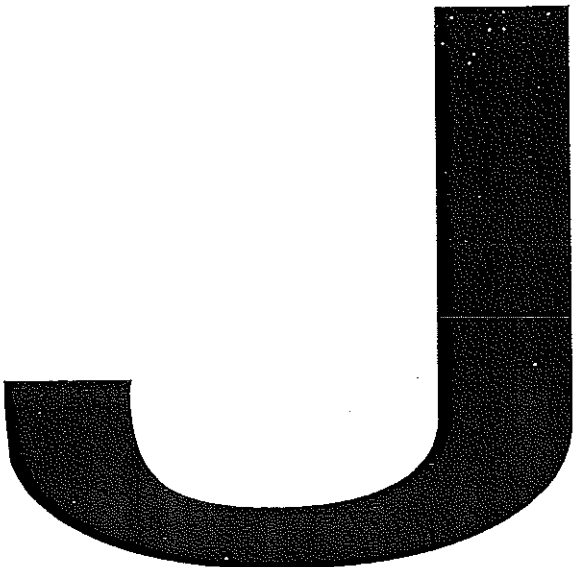
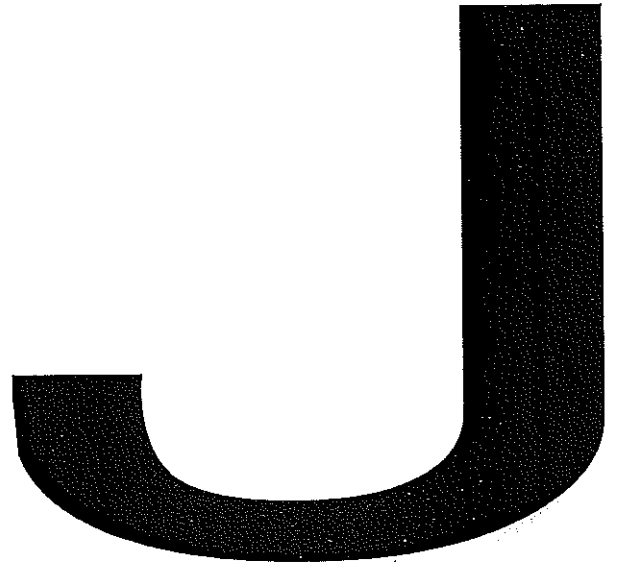
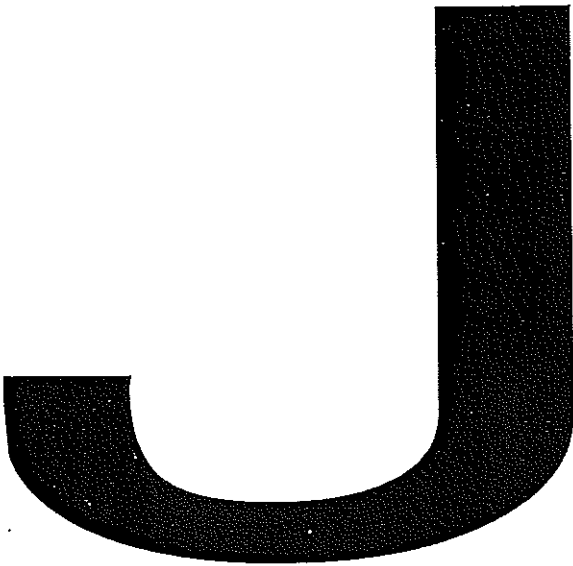
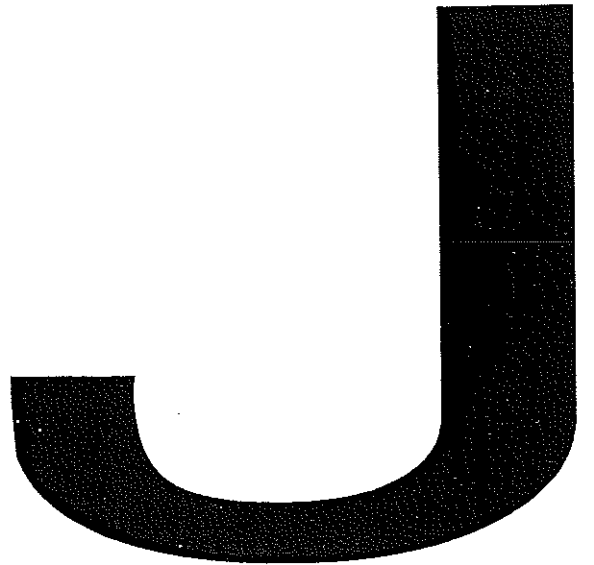
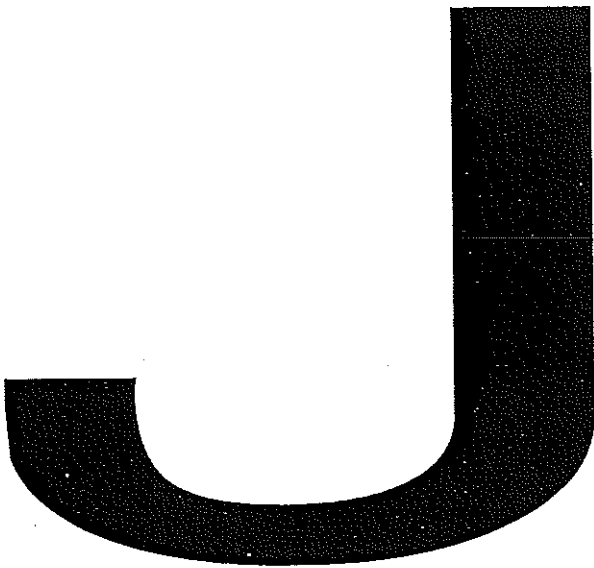
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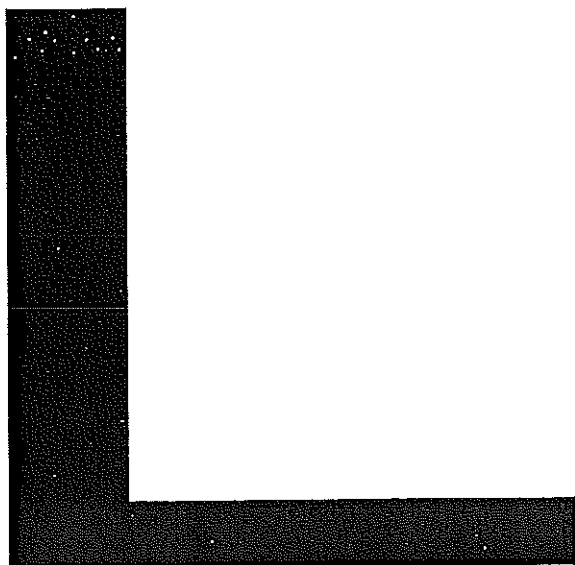
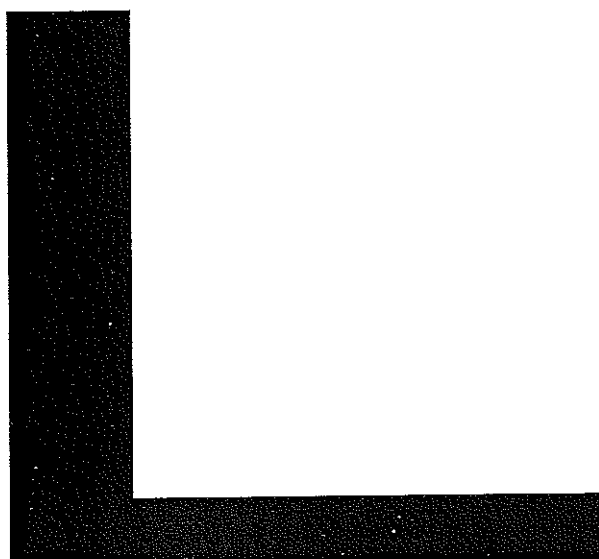
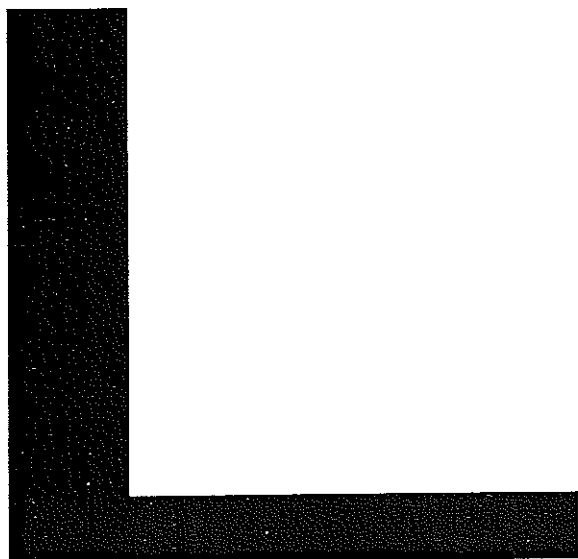
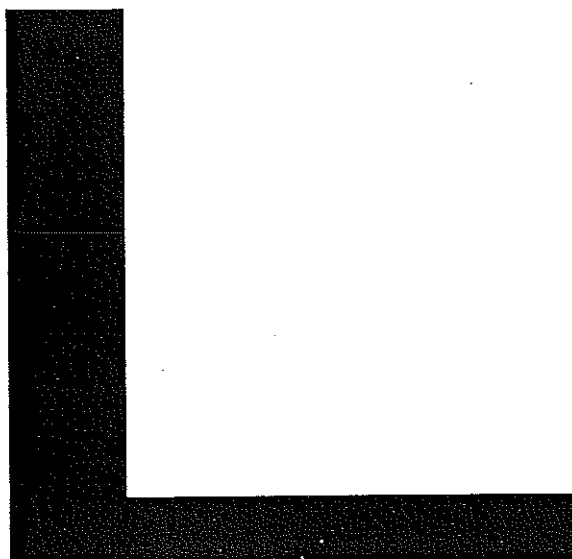
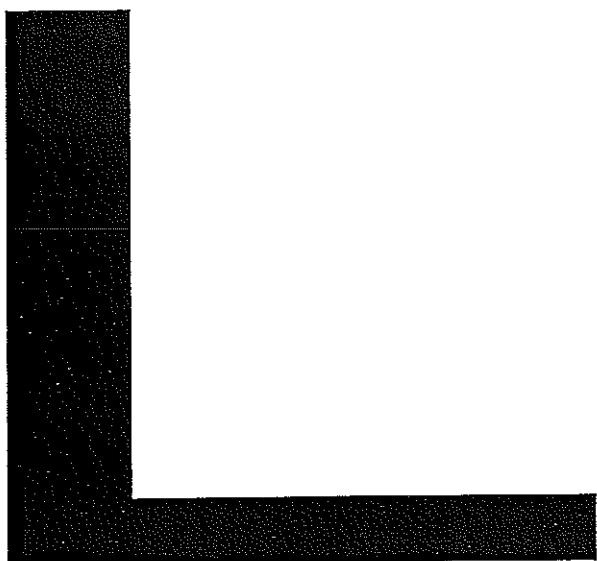
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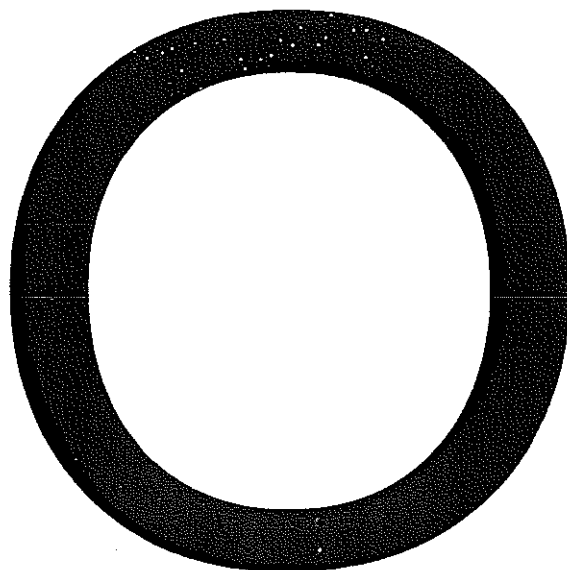
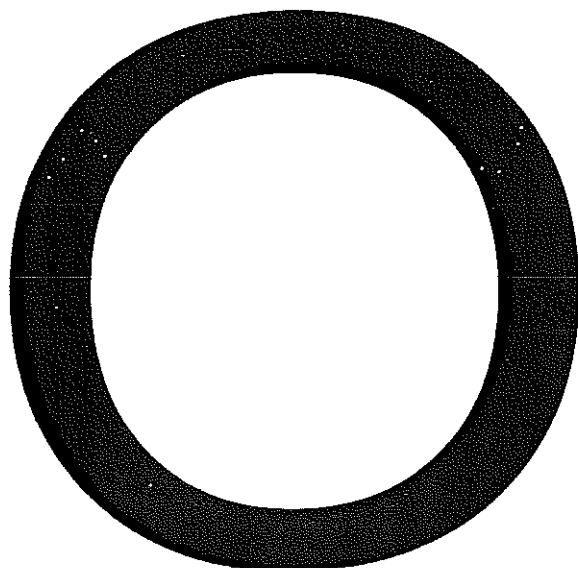
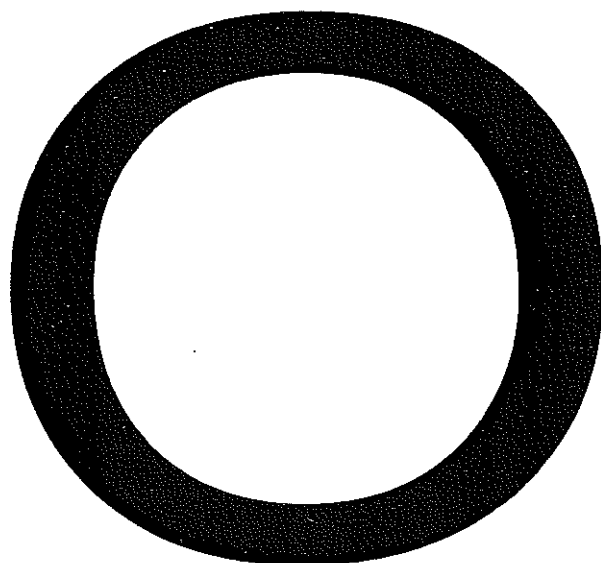
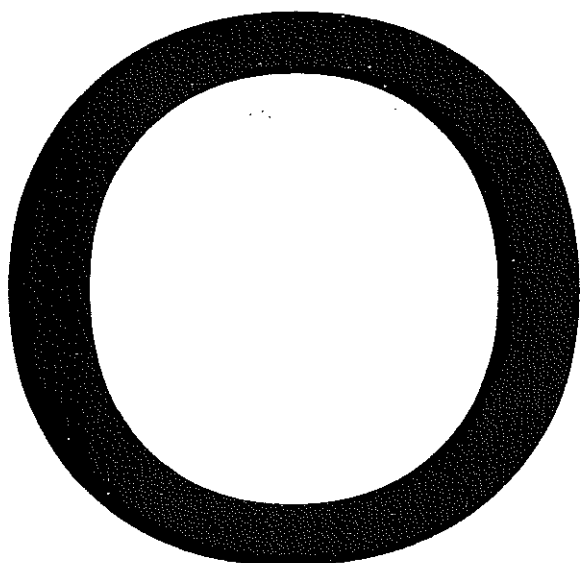
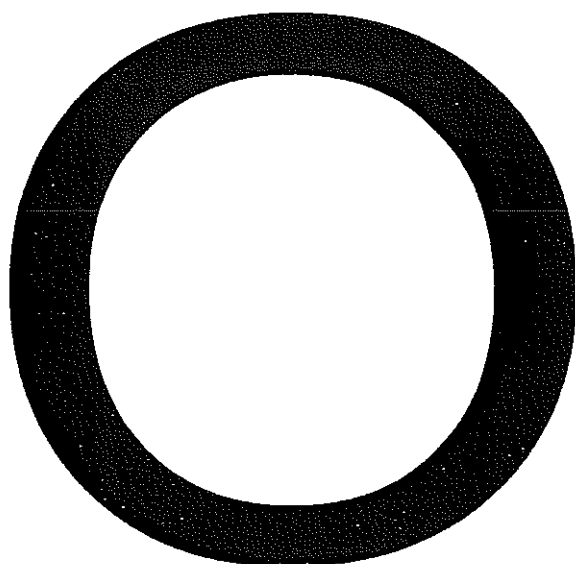
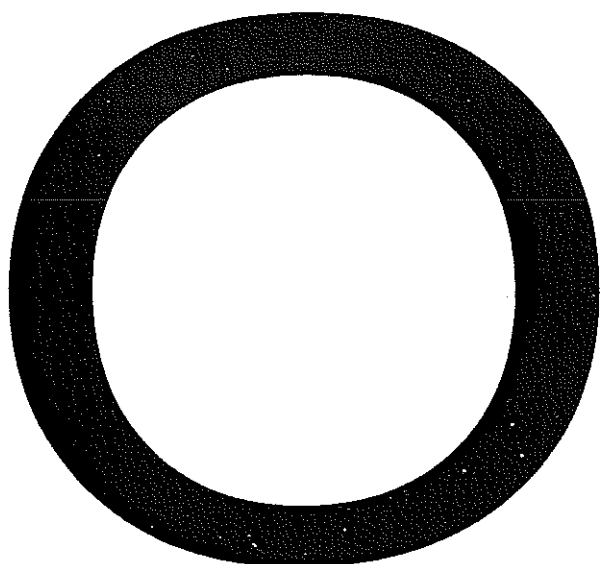
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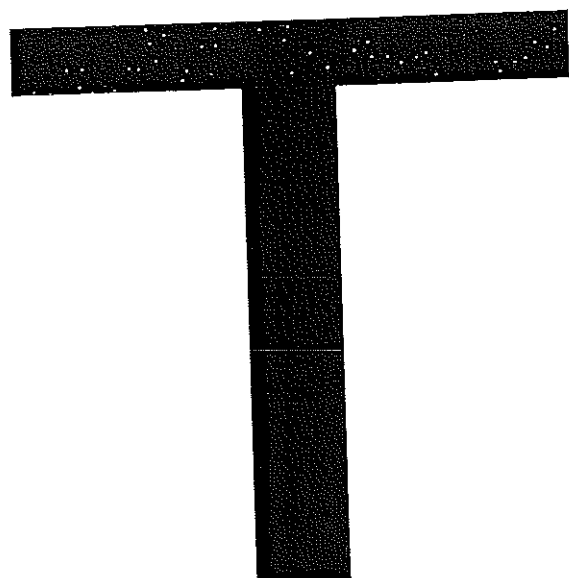
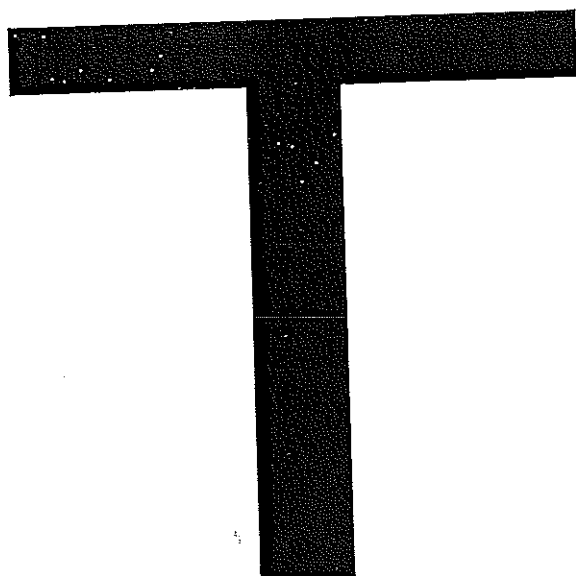
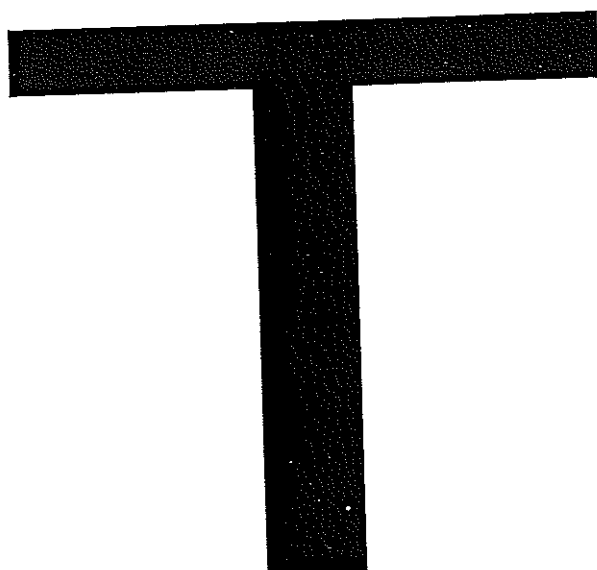
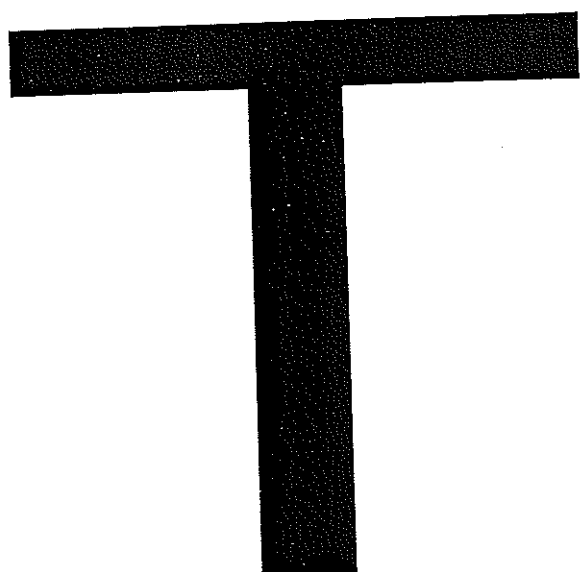
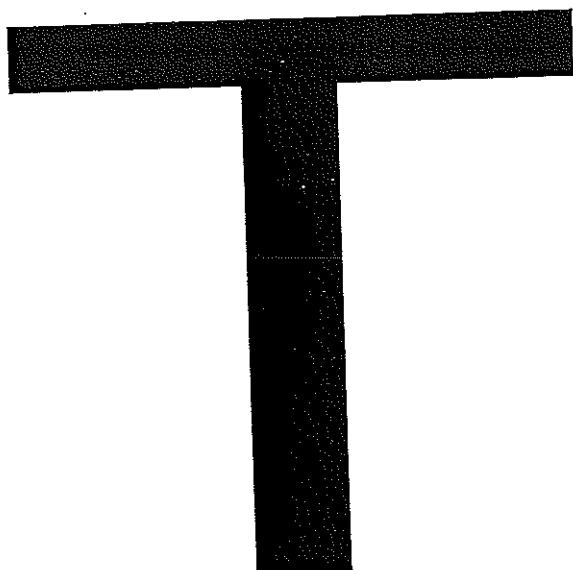
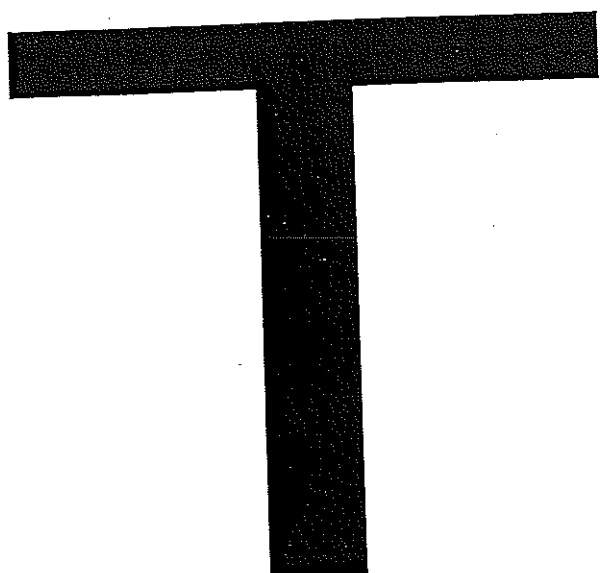
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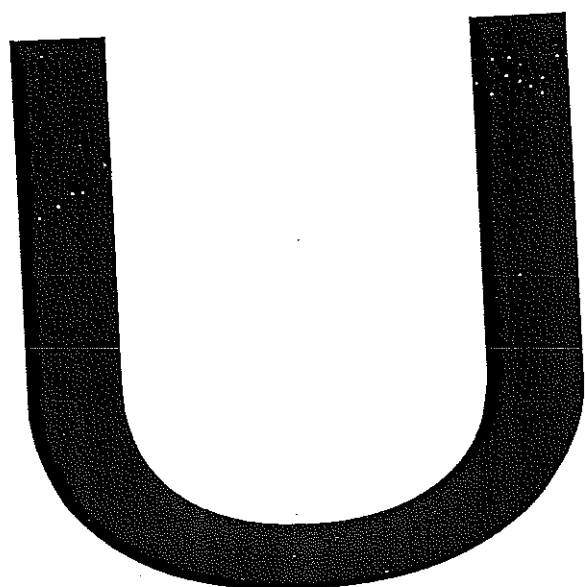
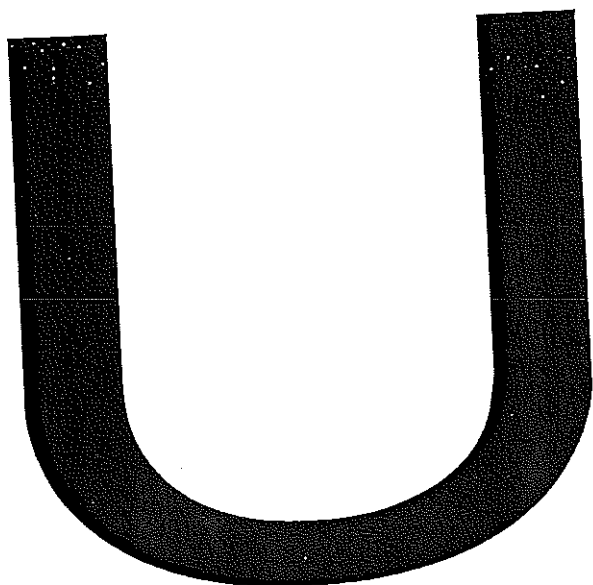
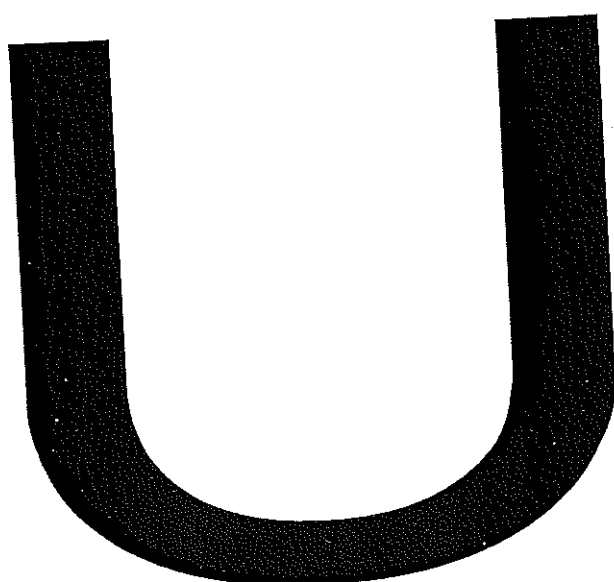
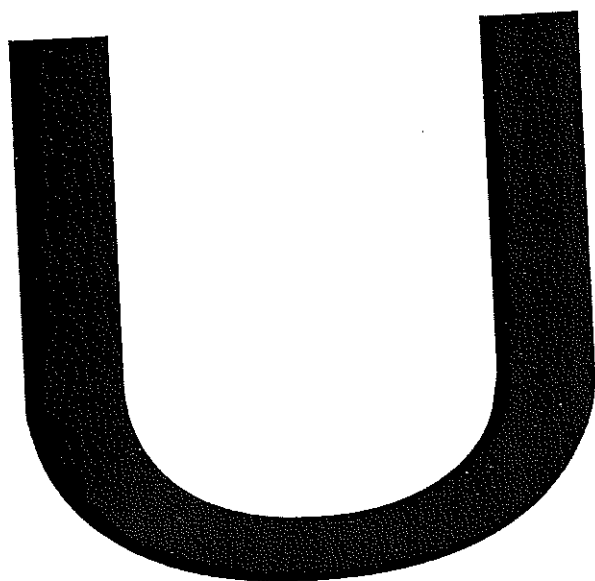
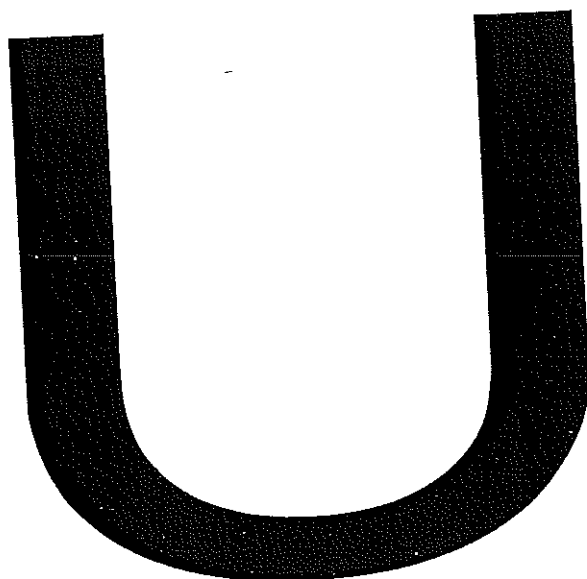
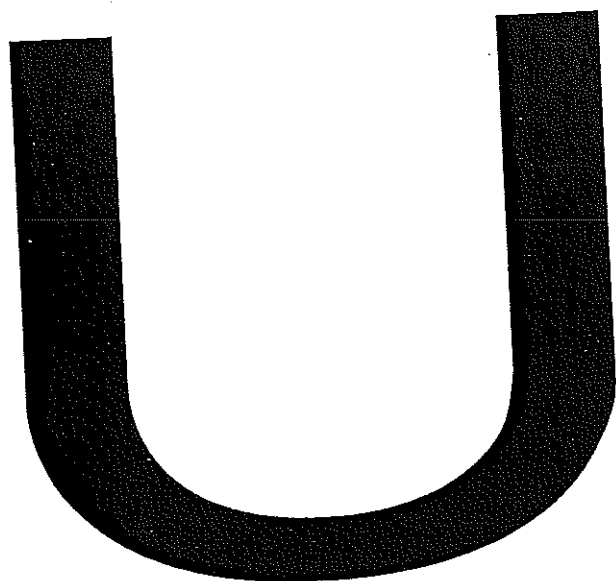
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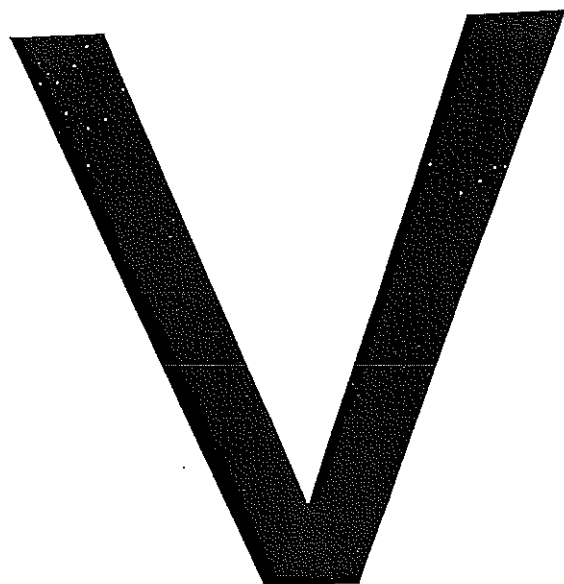
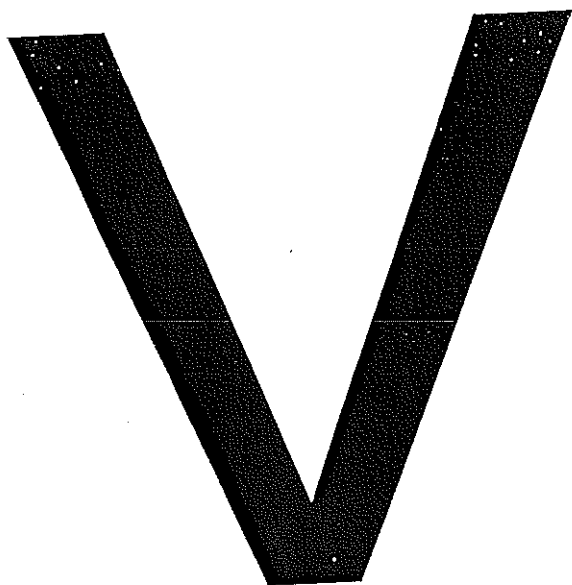
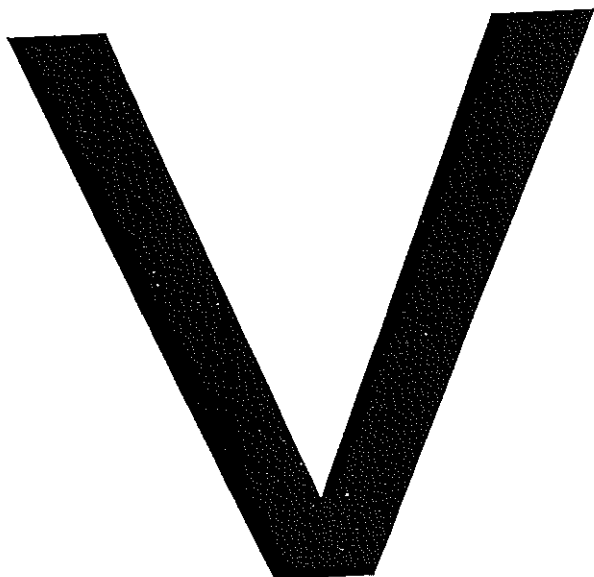
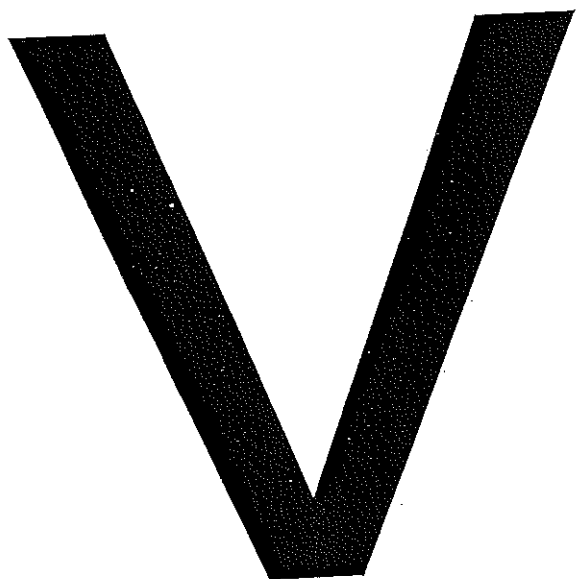
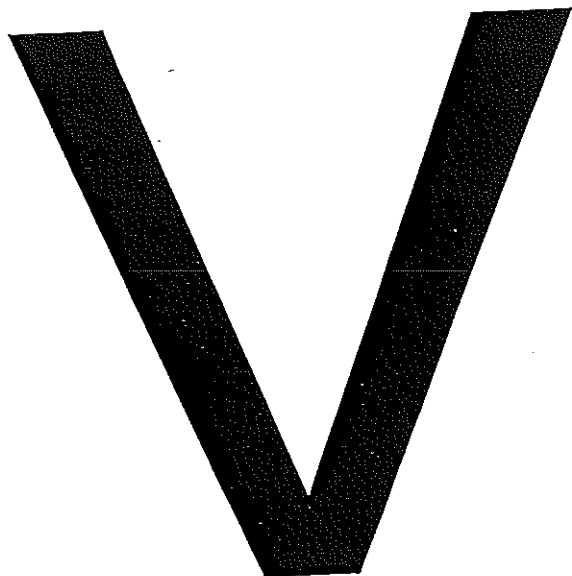
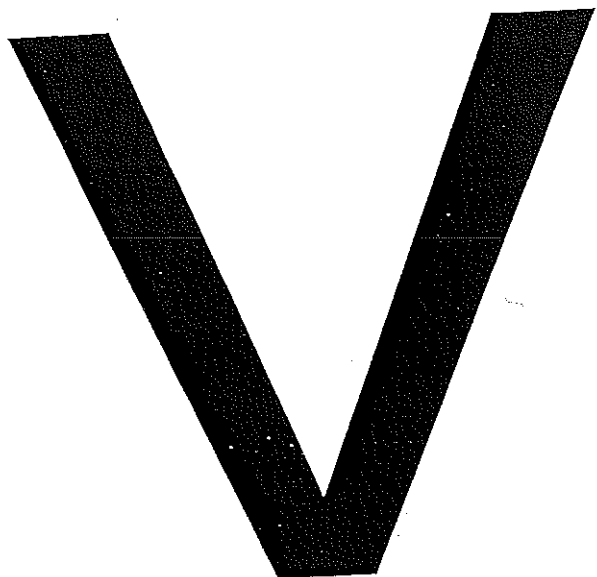
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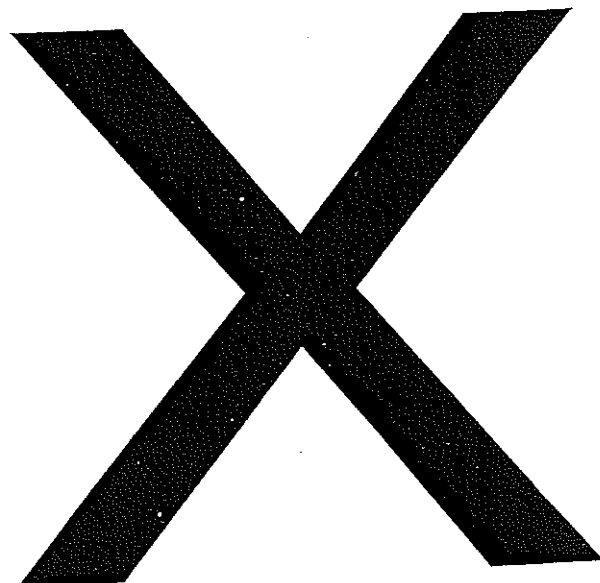
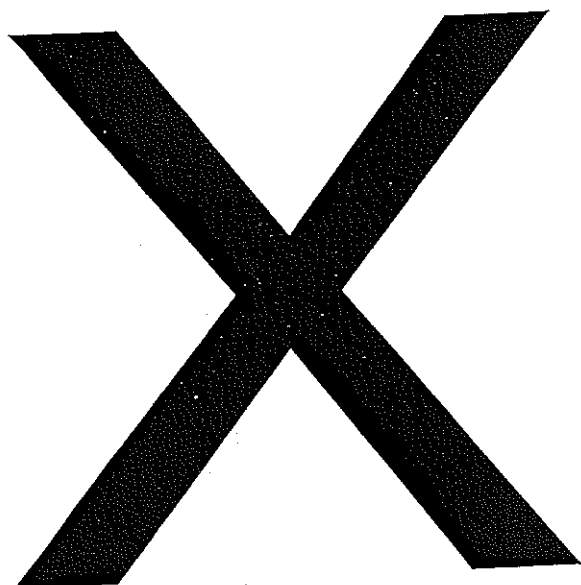
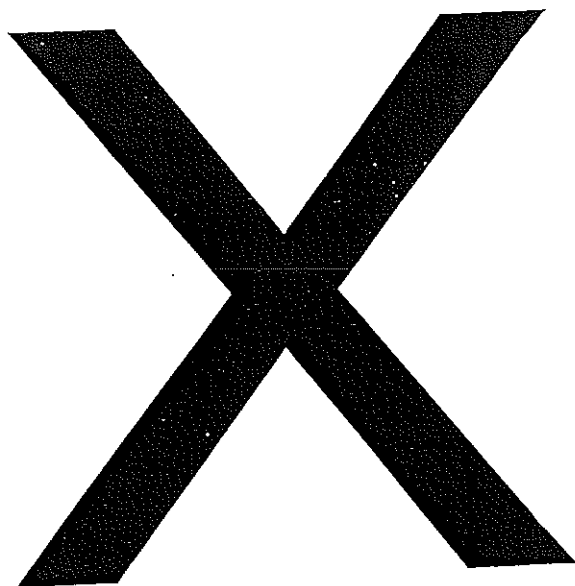
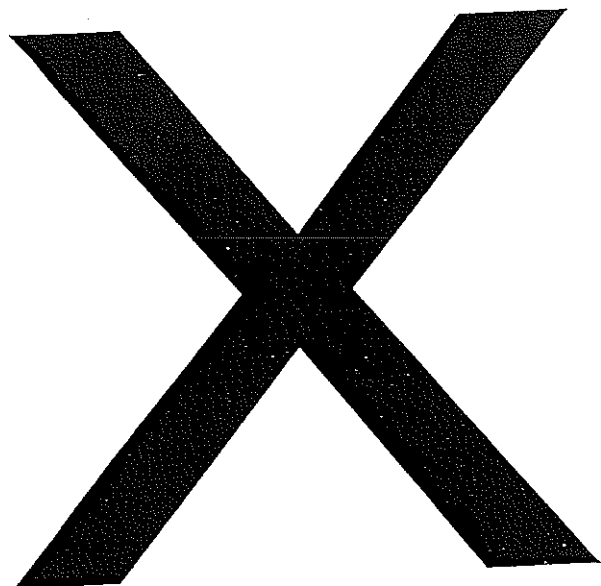
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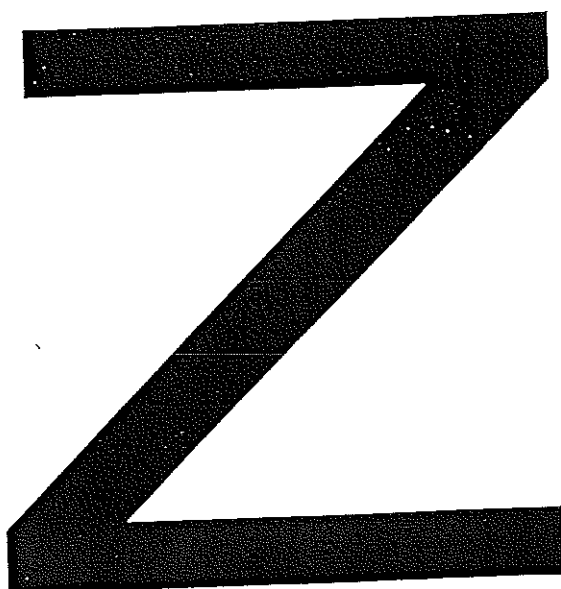
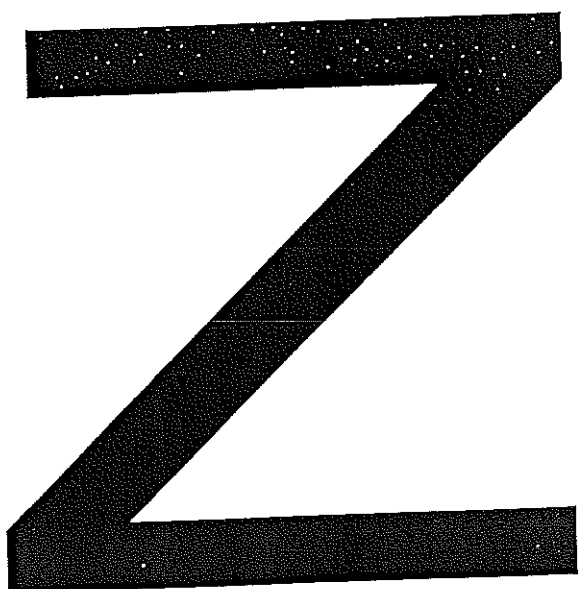
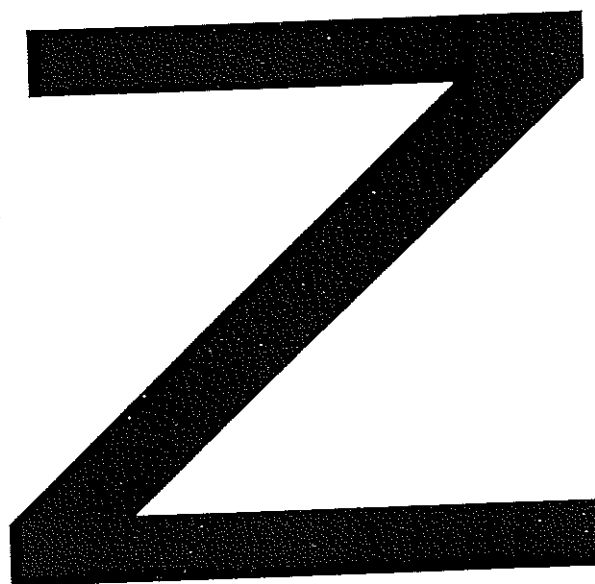
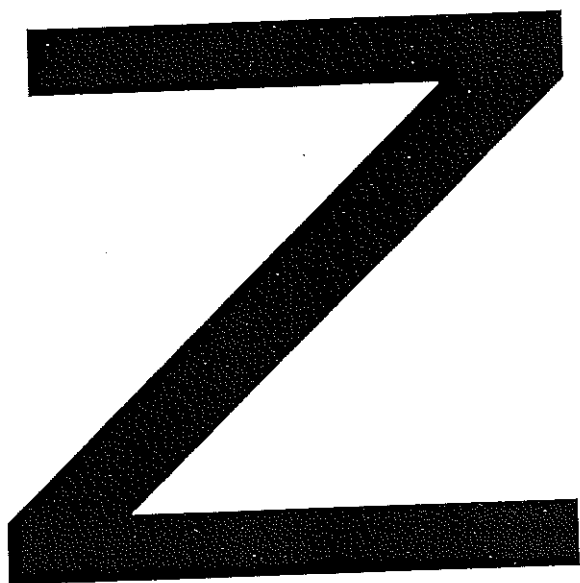
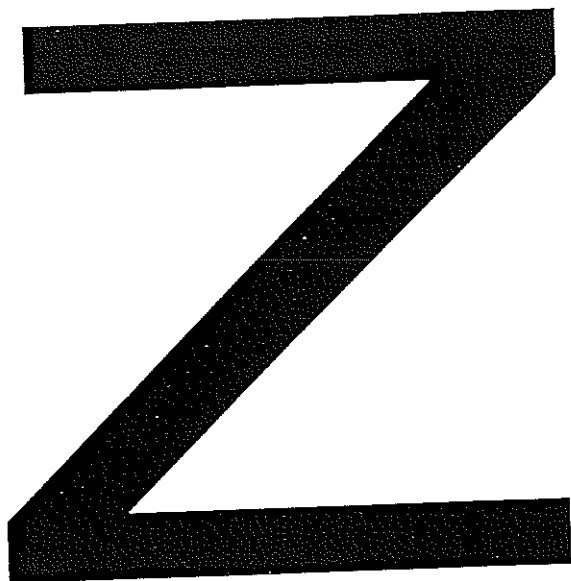
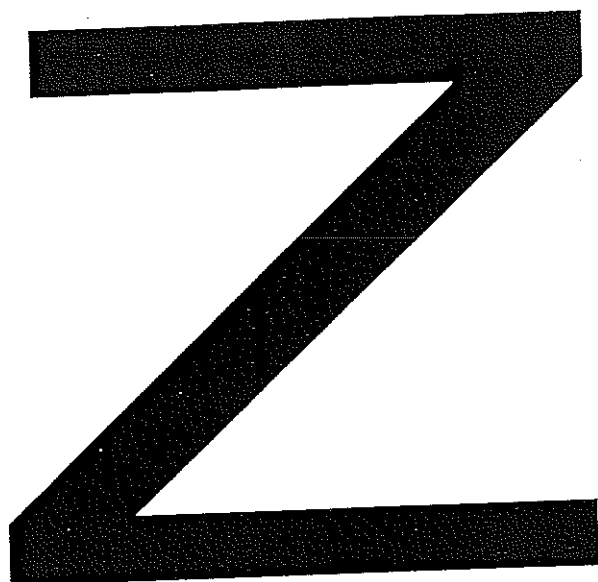
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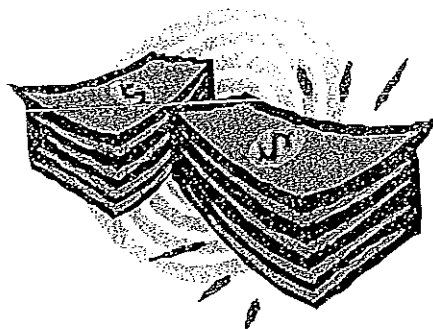






## Activity: Show Me the Money

- Laminated play money with fitness activities attached to the back.
- Spread money across the gym floor.
- Students can work individually or in pairs to try to accumulate fitness money.
- Each time a student picks up a piece of play money he or she must perform the fitness task on the back of the bill to keep the money. Stress that they may not keep the money until the task is COMPLETE!
- Once task is complete the student can keep the play money and pick up another piece of play money to complete the next task.
- After a set amount of time, students can add up the money they collected.
- RULES:
  - Take only 1 piece of money at a time.
  - Must always watch out for others, be safe.
- Play several short games (2 - 4) minutes each round.

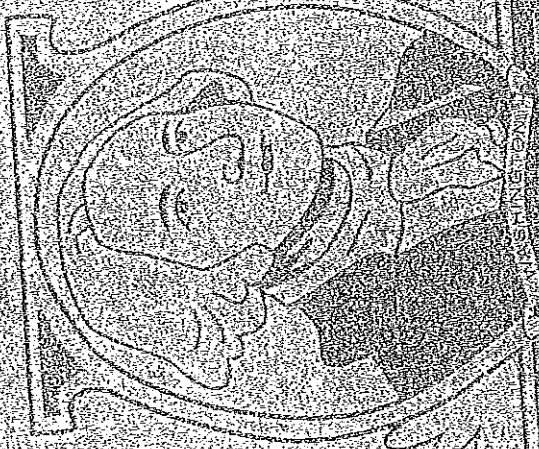
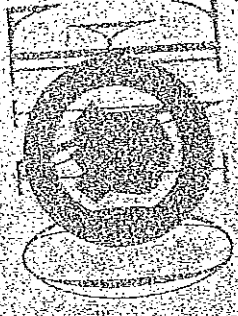


THE UNITED STATES OF AMERICA

THE UNITED STATES OF AMERICA

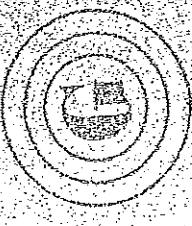
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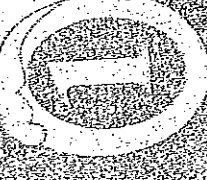
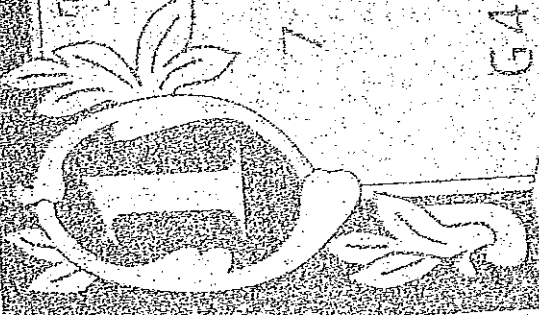
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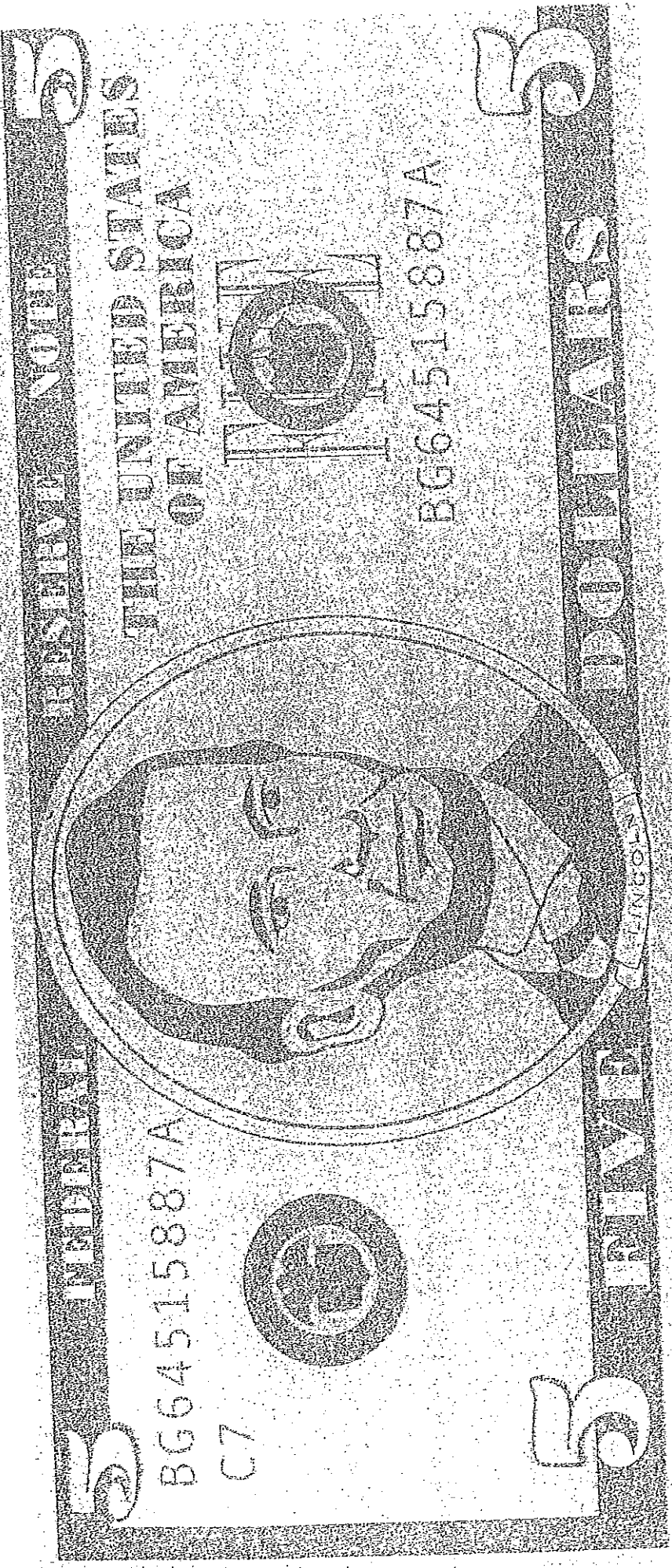
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THE UNITED STATES OF AMERICA





FEDERAL RESERVE NOTE

THE UNITED STATES  
OF AMERICA

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FIVE DOLLARS

LINCOLN

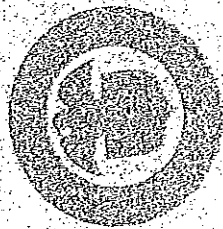
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RESERVE NOTE

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THE UNITED STATES  
OF AMERICA



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FEDERAL RESERVE NOTE

UNITED STATES  
OF AMERICA

FIVE



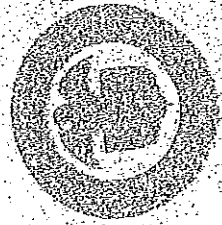
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JACKSON

THE UNITED STATES OF AMERICA

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RESERVE NOTE

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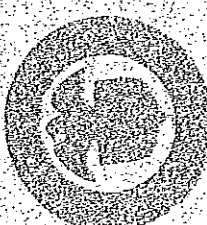


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RESERVE NOTE

THE  
UNITED STATES  
OF AMERICA

JUMP AND REACH AS  
HIGH AS YOU CAN WITH  
YOUR HAND ON A WALL 5  
TIMES

PERFORM 10 MAKE  
BELIEVE JUMP ROPE  
STEPS

SKIP SPELL YOUR NAME  
ON THE FLOOR

LEAD A CHEER

MOVE LIKE A ROBOT FOR  
10 STEPS

TOUCH YOUR HEAD,  
SHOULDERS, KNEES, AND  
TOES 3 TIMES

BEND AND STRETCH  
5 TIMES

CLOSE YOUR EYES AND  
TURN IN A CIRCLE THREE  
TIMES

FLEX YOUR MUSCLES FOR  
5 SECONDS

JUMP UP AND DOWN  
10 TIMES

SHAKE HANDS WITH  
5 PEOPLE

RUN TO EACH CORNER OF  
THE GYM

RUN AND TOUCH EACH OF  
THE FOUR WALLS OF THE  
GYM

DO A 15 SECOND LINE  
DANCE

RUN AND TOUCH EACH  
DOOR IN THE GYM

MAKE A BIG TRIANGLE ON  
THE FLOOR WHILE  
SITTING

RUN IN PLACE WHILE  
SAYING THE ALPHABET

WALK BACKWARDS  
ACROSS THE GYM

CIRCLE YOUR ARMS  
BACKWARD 10 TIMES

GO TO EACH WALL OF  
THE GYM AND DO 5 WALL  
PUSH-UPS

DO 10 WALL PUSH-UPS

DO AS MANY JUMPING  
JACKS AS YOU ARE OLD

ACT OUT A NURSERY  
RHYME

**PANTOMIME A SPORT**

**PRETEND YOU ARE A  
RACE CAR AND MAKE  
TWO LAPS AROUND  
THE GYM**

**SHADOW BOX FOR  
15 SECONDS**

**DO 10 SKI JUMPS**

**SIT DOWN AND SPIN  
AROUND 3 TIMES**

**DO 10 JUMPING JACKS**

**DO 20 SIT-UPS**

**WALK BRISKLY AROUND  
THE GYM 2 TIMES**

**SIT ON THE FLOOR AND  
SCOOT WHILE  
SINGING ROW, ROW,  
ROW YOUR BOAT**

**CRAB WALK TO THE  
MIDDLE OF THE GYM, DO  
5 SIT-UPS, AND CRAB  
WALK BACK**

**RUN AND TOUCH EACH  
DOOR IN THE GYM**

**RUN ONE LAP AS FAST  
AS YOU CAN**

**DO 5 PUSH-UPS, THEN  
CRAB WALK BACK TO  
YOUR HOME BASE**

**SLIDE ACROSS THE ROOM**

**DO 5 SIT-UPS**

**TIP-TOE ACROSS THE  
ROOM**

**TIP-TOE TO THE  
OPPOSITE WALL**

**RUN TO EACH CORNER  
AND DO 5 JUMPS**

**DO 1 LOCOMOTOR  
AROUND THE OUTSIDE  
-OF THE GYM**

**ACT OUT A SCENE  
FROM A MOVIE**

**8 WALL PUSH-UPS**

**DO 20 JUMPING JACKS**

**DO 5 LEAP FROGS**

**DO 5 JUMPING JACKS,  
CLAP YOUR HANDS 10  
TIMES, THEN DO 5 MOR  
JUMPING JACKS**

**JUMP 10 TIMES**

**HOP UP AND DOWN 8  
TIMES, THEN SKIP AND  
TOUCH THE DOOR  
FARTHEST AWAY**

**SKIP TO EACH CORNER  
OF THE GYM AND DO  
FIVE JUMPING JACKS  
IN EACH CORNER**

**ACT OUT A  
NURSERY RHYME**

**TIP TOE ACROSS  
THE ROOM**

**GALLOP AROUND  
THE GYM**

**DO 20 SIT-UPS**

**GIVE 5 HIGH FIVES**

**DO:  
10 JUMPING JACKS,  
3 PUSH-UPS,  
AND 5 SIT-UPS**

**WALK ON A PRETEND  
TIGHTROPE FOR 10 FEET**

**SKIP AROUND EACH  
BASKETBALL KEY TWICE**

**STEP CROSSOVER  
ACROSS THE GYM**

**SKIP 16 TIMES MOVING  
YOUR ARMS IN  
DIFFERENT DIRECTIONS**

**CIRCLE YOUR ARMS  
FORWARD 10 TIMES**

**RUN IN PLACE FOR  
15 SECONDS**

**CRAB WALK ACROSS THE  
GYM THE SHORT WAY**

**WHAT IS TODAY'S DATE?  
DO AN EXERCISE THAT  
MATCHES TODAY'S DATE**

**DO 5 PUSH-UPS, THEN  
CRAB WALK BACK TO  
YOUR HOME BASE**

**SIT ON THE GROUND AND  
SPIN 5 TIMES LEFT AND  
THEN 5 TIMES RIGHT**

**TOUCH ALL FOUR  
CORNERS OF THE ROOM**

**SCUFF STEP ACROSS  
THE GYM**

**ASK SOMEONE THEIR  
FAVORITE COLOR**

**DO 10 SIT-UPS  
AND 10 PUSH-UPS**

**FIND SOMEONE WITH  
BLOND HAIR  
SKIP AROUND THE  
ROOM WITH THEM**

**STANDING ON ONE FOOT,  
MAKE A STATUE AND  
HOLD IT FOR 10 SECONDS**

**5 PUSH-UPS**

**RUN IN PLACE 20  
SECONDS**

**PRETEND YOU'RE  
A MONKEY FOR  
10 SECONDS**

**KIP ACROSS THE ROOM  
AND BE AN ELEPHANT  
ON THE WAY BACK**

**FORM A TRAIN WITH 2  
OTHER PEOPLE AND  
CHUG ACROSS THE ROOM**

**SLIDE ALONG THE  
LENGTH OF THE GYM  
AND BACK**

**DO 10 WALL PUSH-UPS**

**JOG AROUND THE GYM  
THEN FIND SOMEONE  
WHOSE NAME BEGINS  
WITH B OR J AND SAY  
HI TO THEM**

**15 JUMPING JACKS**

**TAG 5 PEOPLE**

**HOP 10 TIMES ON  
EACH FOOT**

**SWIM ACROSS THE GYM**

**DO 10 LEAPS IN A ROW**

**SCREAM WITH FRIGHT**

**JUMP 5 TIMES IN  
A CIRCLE**

**CLAP YOUR HANDS  
10 TIMES**

**PRETEND TO THROW A  
BALL IN THE AIR 7 TIMES**

**CRAB WALK ACROSS  
THE GYM**

**RUN AN "X" FROM ONE  
CORNER OF THE GYM  
TO THE NEXT**

**PLAY RING AROUND  
THE ROSY**

**SKIP SPELL YOUR NAME  
ON THE FLOOR**

**DISCO DANCE FOR  
15 SECONDS**

**AIRPLANE WHILE SINGING  
"TWINKLE, TWINKLE  
LITTLE STAR"**

**PRETEND YOU HAVE A  
BIG RIBBON IN YOUR  
HAND AND WRITE YOUR  
NAME IN THE AIR WITH IT**

**IMITATE A FAMOUS  
PERSON FOR 10 SECONDS**

**PRETEND YOU ARE IN A  
BAND AND MARCH  
AROUND PLAYING THE  
MUSICAL INSTRUMENT  
YOU WANT**

**WALK 15 STEPS  
BACKWARD THEN  
JOG BACK**

**HOP 10 TIMES IN  
THE CORNER**

**PANTOMIME A SPORT IN  
SLOW, NORMAL, AND  
FAST SPEED**

**THUMB WRESTLE  
WITH SOMEONE**

**5 PUSH-UPS,  
THEN 5 SIT-UPS**

**DO 10 LEAPS IN A ROW**

**SWIMMING  
AND SWIM ACROSS THE  
GYM 5 TIMES**

**MAKE A BIG RECTANGLE  
USING ANY LOCOMOTOR  
SKILL YOU WANT**

**MOVE LIKE A ROBOT  
FOR TEN STEPS**

**DO AS MANY JUMPING  
JACKS AS YOU ARE OLD**

**CRAB WALK BACKWARDS  
TO A CORNER OF THE  
GYM AND DO 5 SIT-UPS**

**FLY LIKE A PLANE  
ACROSS THE ROOM**

**MAKE A PYRAMID**

**15 SIT-UPS**

**DO THE BUNNY HOP**

**RUN IN PLACE  
20 SECONDS**

**GET SOMEONE TO DO 10  
JUMPING JACKS FOR YOU**

**WALK AS FAST AS YOU  
CAN AROUND THE GYM**



DO 20 JUMPING JACKS

CLOSE YOUR EYES  
AND TURN IN A CIRCLE  
THREE TIMES

GET WITH 3 OTHER  
PEOPLE AND BUILD A SAFE  
PYRAMID

TAKE A WALK AROUND  
THE GYM AND SAY HI TO  
EVERYONE YOU PASS

MARCH TO A CORNER  
AND DO 5 PUSH-UPS

SWIM ACROSS THE GYM

CIRCLE YOUR ARMS  
BACKWARD 10 TIMES

WALL SIT FOR 10  
SECONDS

SLAP YOUR KNEES TWICE

HOP AROUND 3 PEOPLE

TAKE 5 STEPS  
BACKWARDS, SIT DOWN,  
STAND UP, THEN DO 5  
JUMPING JACKS

JUMP UP AND DOWN  
10 TIMES

HOP YOUR LAST NAME  
ON THE FLOOR

CRAB WALK FOR 15  
STEPS FOR 10 SECONDS

SIT DOWN AND THEN  
STAND UP 10 TIMES

JOIN HANDS WITH 4  
OTHER PEOPLE, FORM A  
JAIL AROUND SOMEONE

HOP ON EACH FOOT  
10 TIMES

PLAY AROUND THE ROOM  
MAKING PLANE SOUNDS

GO TO EACH WALL OF  
THE GYM AND DO  
5 WALL PUSH-UPS

RUN AND TOUCH EACH  
OF THE FOUR WALLS  
OF THE GYM

CRAB WALK ACROSS  
THE GYM

CRAB WALK ACROSS  
THE WIDTH OF THE GYM  
AND BACK

THROW THIS CARD SO  
THAT IT LANDS 5 STEPS  
AWAY FROM YOU



CRAB WALK TO THE  
MIDDLE OF THE GYM, DO  
5 SIT-UPS, AND CRAB  
WALK BACK

WALK BACKWARDS  
FOR 30 SECONDS

SPELL YOUR NAME BY  
USING YOUR BODY

PLAY LEAP FROG, THE  
WIDTH OF THE GYM

ROLL ON THE GROUND  
5 TIMES

SHADOW BOX FOR  
20 SECONDS

8 WALL PUSH-UPS

USING ANY LOCOMOTOR  
SKILL YOU WANT MAKE A  
BIG RECTANGLE

UNTIE AND THEN RETIE  
YOUR LEFT SHOE

SKIP AROUND THE ROOM  
COUNTER-CLOCKWISE

SIT ON THE GROUND AND  
SPIN 5 TIMES LEFT AND  
THEN 5 TIMES RIGHT AND  
JUMP UP AND DOWN

SKIP IN A CIRCLE 25  
SKIPS

SKIP AROUND THE GYM 2  
TIMES

DO JUMPING JACKS ONE  
FOR EACH LETTER IN  
YOUR FULL NAME

PRETEND YOU ARE  
SWIMMING AND SWIM  
ACROSS THE GYM 5  
TIMES

SIT DOWN AND STAND UP  
3 TIMES

GET SOMEONE TO DO 10  
JUMPING JACKS FOR YOU

WALK ON A LINE ALL  
AROUND THE GYM

RUN TO EACH CORNER  
AND DO 5 JUMPS

FIND SOMEONE WITH THE  
SAME COLOR SHIRT AND  
DO THE TWIST

TAKE A WALK AROUND  
THE GYM AND SAY HI TO  
EVERYONE YOU PASS

MARCH TO A CORNER  
AND DO 5 PUSH-UPS